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The PC Chronicle

Vol. 18 No. 31 Monday, September 18, 2000

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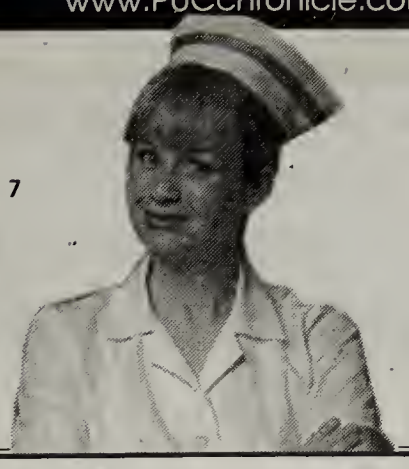

Photos by Nicole Ann Mikula

Rock on

Three local bands performed last Friday at the PUC Charity Concert which raised approximately $600 plus food and clothing for two women's shelters in the area. Clockwise from left: Mike Ticich of Drivin' Blind, Josh Holmes of Josh Holmes Band and Mark Vasquez of soulvasq.

Cruise for credits

■ Cruise management class offers unconventional, fun experience

KRISTIN HARKIN
Production Assistant

The second annual 2001 Cruise Management Class has high hopes for this year's Carnival cruise to the Florida Keys. The class is open to all PUC students and alumni, and counts as three elective credits. The Fascination is planned to set sail May 14, 2001 and return on May 18, 2001.

Geralyn Farley, associate professor of hospitality tourism management, said the cruise is a lot of fun but requires hard work from the students. Students must attend four classes before departure and classes onboard the ship. While on the cruise, students will receive educational behind-the-scene tours by the cruise line staff. Students are required to gather information once on the ship for their final project. Upon returning students will have one last class to take a final exam and turn in their portfolios from homework assignments on the cruise.

"Students could learn by just reading it in a book, but when you experience it, it's much different," Farley said.

Farley said students would learn about many different aspects of cruises, such as marketing, organization, sanitation and how to book a cruise.

The 2001 Cruise *Management Class is* not only about hard work, there are many

See Cruise, Page 5

The Fascination

Date: May 14 to18, 2001

Cost of class: $300

Housing cost : $1075 for interior stateroom, $1135 for ocean stateroom

Class is open to all PUC *students and alumni*

Class is counted as three elective credits

Yoga class relieves stress

SONYA LUKSA
Copy Editor

Those who envision yoga as people sitting cross legged in a group, think again.

Yoga is composed of 84 different poses and concentrates on breathing and focusing.

Mike Zolfo, a yoga instructor at PUC, said yoga is beneficial for stress reduction, flexibility, and managing chronic pain, illness or disease.

Zolfo said yoga is important to him because he is always in search of God and yoga has helped him reach that point.

"God lives inside of you and manifests through you and your thoughts," he said.

Judith Walker, a professor in the communication and creative arts department, said she is taking yoga to "improve my health, release my stress, and improve my flexibility."

Walker said she had always wanted to get into yoga but her schedule never allowed it.

The yoga sessions offered at PUC are opened to students, faculty, and the community.

The group meets Tuesdays and Thursdays from 12 to 12:50 p.m.

Zolfo said the amount of people in each session varies. "There have been as few as two and as many as 14 in the past," he said.

Yoga is not new to the PUC campus. Zolfo said there was a program that ended sometime in the '80s. He said this is the first year that yoga has been offered as a course at the university. This is the second year that yoga sessions are being offered.

"After a yoga class, I can breathe better. I am more relaxed."
Judith Smith, professor of education

Charlotte Rakich, a secondary coordinator, said she participated last year. "I recommended (yoga) to a number of my students," Rakich said.

Judith Smith, professor of education, said she started doing yoga because her doctor told her to. "After a yoga class, I can breath better. I am more relaxed, " she said.

Members of the Total Fitness Center pay $5 a day or $24 a month. All non-members pay $7 a day and $40 a month. Smith said she has taken yoga classes before and the price is "very attractive" compared to others.

Anyone interested in the open sessions should contact TFC at 989-2175.

HTM class uses Disney for inspiration

APRIL ENGLE
Staff Writer

The Hospitality Tourism Management 291 class is holding their fall review, which consist of five different labs. This year's theme is Disney movies. The theme was picked by the behavioral science department. There approximately 12 students in the class. The class is the second in the series of three classes they need to take to graduate.

The Disney review lab is a third of their grade. Students are broken in to groups of two to three people. Each group is in charge of one lab. This lab puts students into the realistic restaurant management situation. The students in each group are in charge of there own restaurant. The students are in charge of purchasing the food, designing the menus, food preparation, scheduling the students to work, decorations and making sure everything runs smoothly.

Professor Geralyn Farley said HTM-291 is a very important class because it ties in everything the students have learned from previous classes.

Farley said she looks at this class a lot when students ask her to write letters of reference.

Jennifer Amato, a junior at PUC, is working in lab one. She said this class is very helpful to anyone, regardless of their major, because it teaches management skills and teamwork.

Lisa Whitehead, a senior at PUC, is working in lab five. She said this class is a lot of hard work but it's a lot of fun, especially for those who are very creative.

Seating times are 11:30 a.m., noon and 12:30 p.m. Reservations are recommended to attend any of the labs. Prices vary for the a la carte items. For reservations, call Geralyn Farley at 989-2714 on Monday, Tuesday or Thursday.

Disney's "Lady and the Tramp" will be the first of five films featured in this semester's HTM 291 class.

Disney review schedule

Sept. 20	Lady and the Tramp (New York/ Italian cuisine)
Oct. 4	Little Mermaid (Seafood cuisine)
Oct. 18	Aladdin (Middle East cuisine)
Nov. 1	Cinderella (Austrian cuisine)
Nov. 15	The Lion King (African cuisine)

Libertarian gubernatorial candidate Andrew Horning will be speaking in Gyte-107 at 3 p.m. on Oct. 24

ADMINISTRATIVE UPDATE

More about the Undergraduate Research Program *(Part 2 of 2)*

As was outlined in last week's Update, the Undergraduate Research Program (URP) exists to help Purdue Calumet undergraduates get more involved in campus scholarly and research activities.

Working with a faculty research mentor is a great way to learn about a subject or area that really interests you, and your participation might well be a highlight on your resume to future employers or professional schools.

Undergraduate Research Scholars

Students who successfully complete a research project under faculty supervision and who present their work at an undergraduate conference or symposium are eligible to be recognized as Undergraduate Research Scholars. Your faculty research mentor can nominate you to the URP office. Undergraduate Research Scholars are recognized by the Chancellor each year.

Annual Undergraduate Research Symposium and the Northwest Indiana Journal of Undergraduate Research

Students who have worked on research projects, regardless whether the projects were funded by the URP, will be invited to present their results at the Undergraduate Research Symposium to be held on campus next spring.

Students also will be invited to submit descriptions of their work and results to the Northwest Indiana Journal of Undergraduate Research, a collection of undergraduate research papers from students at Northwest Indiana universities and colleges. Look for the October 2000 issue of the journal on campus during the second half of this semester.

Other Resources: See the URP Web page

There are many resources for undergraduates interested in pursuing research away from campus. The URP web page, accessible from the Purdue Calumet homepage, has a list of research grants in various areas, including application information and deadlines. If you think you might like a research internship or a stint as an undergraduate researcher during the summer (often with a stipend), check out the appropriate page: go to http://www.calumet.purdue.edu/ and click on the URP listing near the end of the Directory. Or, go directly to the URP homepage at:

www.calumet.purdue.edu/public/ugradrp/index.htm

Stop by for more information...

Keep on the lookout for information on URP posters around campus. Every month, research opportunities and related campus events will be highlighted. If you have additional questions about the Undergraduate Research Program here on campus, please phone (219/989-2468 or 2780), or stop by Gyte 181. Brochures and URP application forms are freely available.

At a glance

around campus

Pride Alliance presents meeting and movie

Pride Alliance, a networking organization for gay, lesbian, bisexual, transgendered students and their straight allies, is having their first meeting on Sept. 20 at 6 p.m. in SFLC-301.

Join us for pizza and a movie. For more information about the organization, e-mail us at PRIDALLY@axp.calumet.purdue.edu.

Society for Human Resource Management announces fall 2000 meetings

The Society for Human Resources Management's meeting for the fall 2000 semester is as follows: Sept. 26, Oct. 10, Oct. 24, Nov. 7, Nov. 21 and Dec. 5.

All meetings will be at 5 p.m. and in Gyte-108. If you are unable to attend, but still wish to participate, e-mail Tony Hobson at pucshrmpres@yahoo.com

Student Support Services looking for readers

Student Support Services is looking for readers for the fall 2000 semester. This job allows readers to get paid for reading textbooks on tape for students. Junior or senior status is required.

For more information, call Kristen at 989-2455.

Erector Spinae Universitas hosts co-ed volleyball tournament

Erector Spinae Universitas will be hosting a co-ed volleyball tournament on Sept. 30 and Oct. 1. The entry fee is $40 and a prize will be given to the first place team. Entry forms are available at the TFC desk and space is limited. The deadline for applications is Sept. 25. For more information, call 989-2175.

Mentors wanted

The Perkins Mentoring Program is looking for students to work as mentors. Mentors help incoming freshman become acquainted with the university environment. The pay starts at $6 per hour and hours are flexible. For more information contact Jessica Manzo-Pavich at 989-2664 or stop by Gyte-171.

The Chronicle looking for writers

The Chronicle, PUC's award-winning newspaper is looking for writers to fill vacancies in the news and sports department. There is no experience necessary. For more information on becoming a writer, call Jason at 989-2547.

Saint Margaret Mercy offers Diabetes management classes

Saint Margaret Mercy Healthcare Centers is offering diabetes education programs that teach diet, general care and the diabetes process. Diabetes management classes are offered at various sites at morning, afternoon and evening times. Contact Dorothy Klapak, diabetes nurse educator, at 933-2144 or 981-9305, ext. 32144 for more information on dates, times, locations and fees.

Wellness classes offered monthly

Omni 41 Health and Fitness Connection and Saint Margaret Mercy Healthcare Centers is offering "Your Wellness Prescription," a series of health education programs. The programs include: "Nutrition Basics," on the first Tuesday of each month at 7 p.m.; "Mind, Body, Spirit and Health," on the first Wednesday of each month at 7 p.m.; "Smoking Cessation," on the second Monday of each month at 7 p.m.; "Preventing a Heart Attack and Managing High Blood Pressure," on the second Wednesday of each month at 10 a.m.; "Stress Management," on the third Tuesday of each month at 7 p.m.; "How to Start Exercising," on the third Thursday of each month at 7 p.m.

Enjoy weekends on the farm

The Lake County Parks and Recreation Department is offering residents a chance to check out the historic Buckley Homestead. Staff and volunteers dressed in period clothing are on hand to show you through the Buckley home, the barnyard and some farm animals around the barn. There is also a one-room schoolhouse and a pioneer farm. The historic homestead is open on Saturdays from 10 a.m. to 5 p.m. and noon to 5 p.m. on Sundays. Admission is $2 for adults and $1 for children. For more information on the Buckley Homestead, call 696-8969.

Quote of the week

'Living well is the best revenge.'

-George Herbert
1593-1633

The Chronicle

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PACE helps people with arthritis reach potential

ADAM MADISON
Production Assistant

The Total Fitness Center has introduced "Full Potential," an arthritis-sensitive exercise program instructed by Excercise Specialist Tina Schmidt and Instructor Joy Kamradt.

"Full Potential" is a PACE class, People with Arthritis Can Exercise.

Kamradt said it has been designed to help maintain the mobility an individual has left and possibly regain some of what has been lost. She said it also helps prepare the elderly for what is about to come.

For more information

Contact The Total Fitness Center at 989-2175

Kamradt's doctor told her that a wheelchair was inevitable. She said these classes help prepare for it, but avoid the wheelchair for as long as possible. Kamradt said her wheelchair is long overdue because she leads an active life and attends PACE classes.

Schmidt said this particular class consists of a daily range of motion exercises. She added that there is no pain involved and a person is trying too hard if there is.

Kamradt said no jolting or high impact exercises are involved.

Kamradt, who also has arthritis, said she has taken similar classes that have been helpful. She said they helped her regain the strength in her hands and mobility after knee replacement surgery. An individual with multiple sclerosis can also see marked improvement.

Eula Morgan, a senior majoring sociology and psychology , said that her friend with arthritis must exercise. Morgan said that without

See PACE, Page 5

More college students fumbling towards Extacy

U-WIRE

Extacy, a drug known as the power behind the rave scene, is now becoming more prevalent on the college scene and in some University of Toledo students' lives.

In response to this nationwide phenomenon, the American Psychiatric Association Committee on Treatment Services for Addicted Patients issued a health advisory Sept. 5 to college and university news services stating that "MDMA's [the clinical name for Extacy] reputation as a safe drug with few side effects and little danger is not justified. Research and clinical experience continue to demonstrate that use of MDMA involves a significant health risk."

"There are risks with Extacy, but there are greater risks beyond the drug itself when people aren't making good decisions."
Darcy Ault,
UT health promotions coordinator

Despite all the warnings on Extacy, a third-year pharmacy major at UT, who wished to remain anonymous, named Extacy as her drug of choice. "I think everybody should do it because it makes you love everyone and it's such a happy drug. It helps you make more friends and be more talkative," she said. "It makes you more cognitive on things going on around you and you can control what you're doing."

She admitted she has done Extacy "too many times to count" and she said the best part is there is no hangover for her.

"When I smoke a cigarette it kills brain cells," she said. "Everything does. Whatever. I'm an honors student and I do e all the time."

This student is not alone in her potentially deadly reasoning.

There is an increase in both the use and availability of Extacy, with 2.3 percent of college students reporting they have used the drug at least once in the past year, according to a July 17 Time magazine article.

John Dauer, UT chief of police, stressed the importance of students knowing that Extacy is illegal, that possessing or consuming it involves jail time, and that drug use is a felony.

He said that UT has been "very lucky" in having very few reports of the drug being used. Dauer added that campus police are keeping their eyes out and educating students about it in the meantime.

Darcy Ault, UT health promotions coordinator, echoed the sentiments of Dauer. She said she has not run across any problems with Extacy on campus, but added that it does not mean problems do not exist.

She warned that since Extacy is known for lowering a person's sexual inhibitions, sexual assault becomes an issue when people stop paying attention to consensual sex. "There are risks with

See Extacy, Page 5

University of Virginia tops Peace Corps volunteer list

U-WIRE

University of Virginia students are finding it increasingly difficult to turn down the "toughest job you'll ever love"- serving in the Peace Corps.

The University boasts a number-one ranking among the top Peace Corps volunteer-producing colleges and universities in the Mid-Atlantic region.

Sixty nine University graduates now are serving in the Peace Corps.

Regional rankings are calculated every September; national rankings will appear in January. This past January, the University was ranked sixth nationally in the number of Peace Corps volunteers it produces, up from 20th last year.

"The vast majority of U. Va. students have a wonderful experience in the Peace Corps," said Paige Risser, Peace Corps public affairs specialist.

Serving in the Peace Corps is a unique opportunity to travel, learn a language and become fully immersed in another culture, Risser said.

For those who make the commitment to the Peace Corps, volunteering requires a three-month training session followed by two years in an assigned country. During this time, volunteers receive a stipend to cover the basic necessities - food, housing and local transportation - allowing them to live at the same level as the people they serve in the community. .

Allyson Gardner served in the Peace Corps from 1996-1998 and received her master's degree in French language and literature from the University in May 2000.

"If they asked me to do it again, I would do it immediately," Gardner said, citing her fondest memories of the Dansoko

See Peace, Page 5

POLICE LINE - DO NOT CROSS

PUC police beat 9/4/00-9/8/00

Tuesday, Aug. 5, 3:15 p.m. A student reported his 4-year-old child missing from the 3rd floor of the CLO Building. On further investigation, it was found that the child was with the mother and not in fact missing.

Wednesday, Aug. 6, 11:35 p.m. A contract security officer reported twisting her left ankle as she was exiting a security vehicle in the P-1 parking lot east of the CLO building. The victim refused treatment.

Friday, Aug. 8, 11:50 p.m. While on patrol, PUC police made a traffic stop of a violator at Wicker and 172nd St. The driver made no attempt to stop or even slow down for the stop sign at Wicker and 171st Street. The driver was issued a summons for the violation.

Correction

In The Chronicle's Sept. 11 edition, the headline was incorrect. Ethnic Studies is a program and has a coordinator. Gisele Casanova was the acting coordinator of the program. Roy Hamilton, director of The Ronald E. McNair Post Baccalaureate Achievement Program, is a member of the ethnic studies program advisory committee.

In the editorial for the Sept. 11 edition, Delreta McLay should be acknowledged as the assistant bursar. She was named to the position on July 1, 2000.
The Chronicle regrets these errors.

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Be aware of your choices

As the presidential election of 2000 looms near, college students are debating among what issues the candidates are vowing to address in their platforms and whom they should vote for. They may even be arguing among themselves whether or not they will even bother to vote for anyone in the first place.

Why is it that many students do not vote in elections? Perhaps they believe that someone with that much power will not attempt to meet their needs. Maybe they do not have enough of the vital information to make such a decision. Even with all of the technological advances and the amount of information that mercilessly bombards people on television, in newspapers and the Internet, it could be that students are simply inaccessible to all of the facts surrounding the presidential election.

On the other hand, quite simply, maybe they just do not care. After the media circus that once was known as the Clinton administration, people seemed to become disillusioned and jaded. The political figures entrusted to keep our national interest at heart were practically turned from members of the national security panel to defensive panel members on the "Jerry Springer Show." How can we trust a new breed to focus on the real issues and to stay on track? By gathering as much information as possible about the candidates, paying attention to their platforms and how they affect us, and by registering to vote. Otherwise, your views will not matter at all and the candidate who shares your vision will not be chosen.

There are important issues that each candidate is taking head-on that do affect us, as university students, consumers, parents, children and American citizens. We ought to take a look at each candidate and his platform and how it benefits us as individuals and as a whole American people.

As college students, we have to face serious predicaments such as threats of violence, censorship to our music and movies, and dealing with discrimination against gays, minorities and the disabled. Fortunately, on our campus, we have faced these issues within our own microcosm and dealt with them in a positive light. We are a stronger student population because of our decisions. How will each candidate hold up to those same standards for our entire nation?

Among the important issues facing the presidential election, democrat Al Gore plans:

* to uphold the Roe vs. Wade decision which allows a woman right to choose.
* to create tuition tax cuts for college students, more student loans and grants and make two years of education free
* to create high-skilled jobs for the American people
* to support Brady Law and ban on assault weapons

Republican George W. Bush plans:

* to advocate pro-life except in cases of rape, incest or if the mother's life is in danger
* to increase college tax-credits and offer more Pell grants
* to increase job training
* to increase gun control

After looking at each candidate and what he plans to do to change the political scheme, students have a responsibility to themselves to choose the one who reflects their own beliefs and needs. Do the research. Make an informed decision. Much is at stake for our future. You decide on how it shall turn out.

The Chronicle Editorial Policy

The views expressed in the commentaries and Letters to the Editor do not necessarily reflect the views of *The Chronicle* or Purdue University Calumet. *The Chronicle* is not an official publication of Purdue University Calumet.

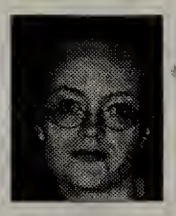
The Chronicle welcomes reader input. Letters and commentaries must include the author's name, class standing or other affiliation and a telephone number for verification.

All materials submitted to *The Chronicle* become the property of *The Chronicle*. All material must be saved on a 3.5" DOS format disk. *The Chronicle* reserves the right to edit for clarity, accuracy, space and news style. Copy deadline is noon the Monday before publication.

The People Speak

Question of the Week: Do you think Bobby Knight, mens basketball coach at IU, should have been fired? Why or why not?

Kostas Nikitaras
junior, MET
No, he's been doing it for 30 some years, and they're doing something now? If they would've done something earlier, it would have been better.



Stephanie Keeney
junior, political science
I just really don't care one way or the other; it doesn't affect me.

Phil Johannsen
sophomore, engineering
I think it was a good idea. For a grown man to do that kind of thing to a student is ridiculous.

Anne Edwards
faculty, behavioral science
I think it was appropriate because students will see Bobby Knight as a role model and might try to emulate or follow his bad example.

Nancy Nolin
junior, communication
I think they were right. Zero tolerance for children should apply to adults as well.

Anthony E. Perez
freshman, business
No, I don't agree. I don't think it was a big deal.

PUC college life: fun minus dorms

JADE LEE CULBERSON
Copy Editor

Imagine the average college freshman at a residential college. They look at fraternities and sororities that they hope to be chosen to join. They search for activities where they'll meet groups of the oversized campus population.

Many of them look forward to someday living in fraternity or sorority housing. And many, whether into organizations or sports or just living the "college life," spend time at the myriad of parties that draw students together. It may not be "Animal House," but I'm sure there are times when it's close.

And, obviously, it's not PUC.

PUC is a commuter college (that's commuter, not community), which changes things. It has no campus housing at all, and has a high number of part-time students.

The average age of PUC students is 26 years old, much higher than at residential universities. PUC also has a higher number of returning or continuing students. They are usually students who come in, go to their classes and leave.

Many of PUC's students are already out in the "real world." They work full time in their careers, have families and own homes. They are looking to further their careers, get training to deal with the ever-changing technology or study a new field for an upcoming career change. Some PUC students also teach here, whether they be graduate students teaching introductory classes or professors who want an additional degree.

Then there are the other non-traditional students who are in college for the first time. Some are students who graduated high school years (or even decades) ago and have chosen (or been forced by the job market) to go to college.

In addition, there are the high school juniors and seniors who pick up a class or two to get a head start. PUC has a program that allows high school students who fulfill certain qualifications to take college level introductory classes, one per semester.

But let's not forget the students who graduate high school, who have the summer to vacation or work, then start college. They enter PUC's classrooms, average college freshmen, looking for fraternities, sororities and student organizations to find a place where they can have fun.

Some of them have heard a lot about PUC and know what to expect on the commuter campus, but others are expecting a residential campus (minus the dorms).

Students looking for frat parties and keggers every Saturday night are bound to be disappointed. Most of the fraternities and sororities at PUC are predominantly service organizations (doing things to serve the community and having a purpose other than partying), and none have special housing.

Organizations, however, are plentiful, offering activities for those of all interests. PUC offers everything from religious groups to a photography club to an elected student government.

PUC offers a lot of things, including perks that residential campuses don't, such as smaller classes and a shorter walk around campus (which is smaller, naturally, because there are fewer students). Still, it's not, and will never be, "Animal House."

The Chronicle

Purdue University Calumet's award-winning student newspaper

Providing a voice

989-2547

Cruise

Continued from page 1

activities on and off the ship stu dents can enjoy.

"Nightclub entertainment, live bands, karaoke, comedians, Las Vegas shows, casinos, midnight buffets and wine bars are just some of the many activities there are onboard the ship," Sherry Dudy, Cruises and More's group coordinator, said.

On port activities include sightseeing, deep-sea diving, snorkeling, swimming with the dolphins, and lying on the white beaches.

The cost of the trip is $1075 for an interior stateroom and $1135 for and oceanview Stateroom. The cost includes round-trip airfare, transfers to and from the ship, all shipboard accommodations, meals, 24-hour cabin service, activities and entertainment aboard the ship. The price does not include bar beverages or shore tours.

The cost of the class is roughly $300, and suggested spending money allotment is $400. The total trip cost is estimated at $1800. The first deposit of $200 is due Nov. 16, 2000. Deposits paid by Sept. 29, 2000 will receive Carnival Cruise Wear. The final payment is due Feb. 15, 2001.

"I went on the trip last year. It was really cool to go on a cruise and get credit for it. I'll probably go again this year," Marisha Rosenski, a sophomore at PUC, said.

There is an informational meeting scheduled for Sept. 11, 11 a.m. to 12:30 a.m. and Sept. 12, 2 p.m. to 3:30 p.m. for those interested. For more information contact Geralyn Farley at 989-2714.

PACE

Continued from page 1

exercise her joints will stiffen and lock. She said that exercise also relieves some of her friend's pain caused by arthritis.

John Bobalik, coordinator of the TFC, believes that the exercise program is a necessary part of life for people with arthritis.

"The program is designed to strengthen muscles, improve flexibility and balance. People afflicted with arthritis have to do something to exercise, but not so much that their joints may be damaged," John Bobalik, coordinator of the TFC, said.

Kamradt said any person with arthritis can benefit from this class, even those with cerebral palsy. Those suffering from arthritis or other motion restricting ailments need to use what they have or the body will continue to deteriorate.

"It's a use it or lose it type of class," said Schmidt.

The Arthritis Foundation sponsors PACE. It is a national organization dedicated to helping persons with arthritis maintain and regain motor skills, said Kamradt.

Classes will be held Tuesdays and Thursdays at 10 a.m. in the Total Fitness Center. They have begun and will continue until Nov. 2. TFC members can participate free and non-members will be charged $40.

All participants will need to fill out a physician's release. Forms are available through TFC staff. For additional information, call the TFC at 989-2175.

Extacy

Continued from page 3

[Extacy] but there are greater risks beyond the drug itself when people aren't making good decisions," she said.

These risks are being addressed in Toledo dance clubs such as the Main Event, 137 Main St., and Club Bijou, 209 N. Superior St.

A spokesman for the Main Event said Extacy is not a problem there and that they do not condone or allow drug use. He said anyone caught consuming or being on drugs would be kicked out and that the Toledo Police handle all drug problems.

Doug Amstutz, the manager at Club Bijou, also said there is not a problem with Extacy. He said he knows people take it beforehand and come there and that is a shame.

"There's not much we can do to prove that someone is on it, but we will turn people away if we suspect they are on it," Amstutz said.

Some of the signs he mentioned that would cause a patron to be denied entrance to the club were "excessive sweating, large dilated pupils, non-stop talking, and constant movement." But he added Club Bijou has a trained emergency medical technician in the club at all times — just in case.

Extacy, a synthetic drug, is made of MDMA, or methylenedioxymethamphetamin. What many people sell on the black market as Extacy actually contains other drugs used as fillers like PMA, speed and DXM, some of which can be more dangerous than MDMA. DXM is a cough suppressant that dries out the lungs. PMA is a powerful substance that is cheaper than MDMA and easier to manufacture, but it is also a lot more dangerous.

Extacy has many names, including e, x, xtc, adam and the love drug. It is known as a "club drug" because of its reputation for being consumed at dance clubs and for being highly associated with ravers.

It is usually taken in pill form but can be snorted, smoked or injected. The pills are usually white, pink, blue or purple and sometimes have little symbols on them such as butterflies, hearts and lightning bolts.

Relaxation, euphoric feelings, pleasurable changes in mood, an ability to speak freely, and feelings of self-acceptance are some of MDMA's effects which make it a popular choice. However, there are many downfalls to this drug like restlessness, sweating, increased heart rate and blood pressure, loss of appetite, shaking and difficulty with temperature regulation.

The days after consuming Extacy can be filled with misery that include excessive sleepiness, headaches, depression and decreased energy. According to the APA, some users have experienced convulsions, delirium, extreme change in body temperature, severe changes in blood pressure, blood clots and in some instances, death.

Most fatal cases have resulted from dehydration and heat stroke. The hot environment in dance clubs, lack of water, and some people drinking alcohol with the Extacy only makes conditions worse for the users.

A freshman communication major, who wished to remain unnamed, noted that Extacy does have its downfalls.

"It's definitely a drug you do by itself. I've seen people get sick when drinking or smoking weed with it," he said.

He called Extacy an "interesting drug", but would not recommend it for people who have problems with controlling themselves. "People that can handle it will have fun," he said. "It's a good center—of—attention drug." "

Although Extacy is not physically addictive, it can become mentally addictive. People get used to this drug being a part of their lifestyle and enjoy the way it makes them feel and behave and thus, do not want to give it up.

However, Leah, a junior majoring in biology and history, brushed off the warnings about Extacy.

"Our parents were told the same thing about drugs screwing up their brain when they were growing up and they're all right," she said. "We're gonna be all right too."

Some colleges drop SAT requirement

U-WIRE

To some students, the SATs are part of the college process, but this is no longer the case for students applying to 285 accredited American colleges and universities who have eliminated standardized testing requirements.

Such universities include Indiana State University, Wayne State University, City University of New York, Middlebury College and Dickinson College.

Six years ago, Dickinson chose to make SAT scores an optional part of the application.

"Dickinson has always downplayed SATs. We've always seen those 'A' students in high school who have test anxiety and don't test well, and we tell them that it's ok," said Kristy Leach, associate director of admissions at Dickinson. "They like that and it makes them more interested in Dickinson."

Students have the option to submit their scores when they apply to Dickinson. Some students who did not submit their scores have had the opportunity to attend schools otherwise unaccessible to them.

"Had we had their SAT score and only being in the 900s, it would have probably jeopardized the decision. They would probably be on the waiting list," Leach said.

For ranking purposes, Dickinson only reports the SAT scores submitted to the institution.

Because of this discrepancy between the reported average student SAT score, Dickinson was dropped from "highly competitive" to "less competitive" in college ranking magazines after its first year with this policy. Since then, however, Dickinson has regained its place among "highly competitive" colleges.

Even though Dickinson managed to remain among ranked colleges, Notre Dame and Saint Mary's will not be leaning in this direction any time soon because, according to both schools, SATs are a good indicator of how a student will perform during freshman year.

"If you make it optional, who's going to submit it? Of course, the ones who scored high," said Bob Mundy, director of internal operations in the Notre Dame undergraduate admissions office. "I don't see any piece of the application dropping, and the higher the SAT score, the more likely you are to do well here."

Task force attempts to curb students' excessive drinking

U-WIRE

In an attempt to reduce excessive drinking on college campuses, a group of higher education associations are recommending that government officials, college administrators and researchers abstain from using the term "binge drinking" to describe student alcohol consumption.

Members of the Inter-Association Task Force on Alcohol and Other Substance Abuse Issues, an umbrella organization of 21 higher education associations, claim that the term may actually encourage alcohol consumption by leading students to believe that heavy drinking is a campus norm.

> **"To prevent problem drinking, we'll spread the truth,"**
> Edward Hammond, chairman of the National Collegiate Alcohol Awareness Week

"The use of the term 'binge drinking' has hurt our effort in controlling alcohol abuse on campus," said Edward Hammond, chairman of the National Collegiate Alcohol Awareness Week.

To discourage problem drinking, task force members have advocated that universities across the nation provide students with accurate information about alcohol consumption levels on campus.

The task force recommendation states that students particularly incoming undergraduates decide to consume excessive alcohol based on perceived drinking norms on campus, and that students generally overestimate what is normal.

"To prevent problem drinking, we'll spread the truth," Hammond said. "As soon as everyone realizes that the term "binge drinking" is ill-defined, they'll stop using it."

But a new report released last Friday by Harvard University's School of Public Health contradicts the task force's recommendation and the assumption that students abuse alcohol because they overestimate the alcohol consumption of their peers.

The College Alcohol Study, based on the responses of 14,138 students at 119 nationally representative colleges in 40 states in 1999, found that 47 percent of students underestimated binge drinking on campus, while only 13 percent overestimated alcohol use.

The report defined binge drinking as five alcoholic drinks in a row for men and four for women.

Researchers would not disclose if students at the University of Texas participated in the research.

The study concluded that students' definition of binge drinking depended on their individual alcohol consumption levels.

"The fact that students' definition of binge drinking vary with their own drinking levels, suggest that many of the complaints that the five to four measure is too low may be coming from the small percentage of extremely heavy drinkers," Weschler said.

The University replaced the term "binge drinking" with "high-risk drinking" in Spring 1999, said Marty Sanchez, student assistant for the Alcohol and Other Drugs Education Program.

"We just want to decrease negative concepts and increase more positives," she said.

According to a research conducted last year by the University, about 70 percent of UT students are either moderate drinkers or abstain altogether.

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Eminem and 'NSYNC win big at music awards

JOE JUAREZ
Staff Writer

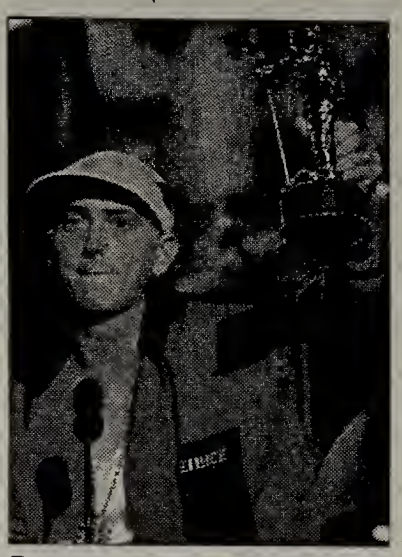
The 2000 MTV Video Music Awards are finally in the record books. Televised from the famed Radio City Music Hall in New York City, it was full of historic surprises.

Artists like 'NSYNC, Eminem, Britney Spears and Christina Aguilera put their creative differences aside to be part of this spectacular night.

Both Eminem and 'NSYNC each walked out of Radio City with three awards. Eminem winning for Best Male and Video of the Year for "The Real Slim Shady" and with fellow rapper Dr. Dre, Best Rap Video for "Forget About Dre." 'NSYNC captured the Viewer's Choice, Best Choreography and Best Pop Video for "Bye, Bye, Bye."

Teen queens Spears and Aguilera were shut out completely. Other artists like Bjork, Macy Gray, Aaliyah and the Red Hot Chili Peppers each captured two awards. Despite the success of all the artists that walked away with a Moon Man, the night belonged to Eminem.

Arriving at the VMAs must have been tough for Eminem. This year he filed for divorce from his wife, got arrested for assaulting somebody outside of a nightclub, his mother sued him, and at the show, the gay rights group GLAAD protested his homophobic and violent lyrics. The controversy did not stop him from walking away with three awards on his belt.



Rapper Eminem won the award for Best Male Video for his single "The Real Slim Shady."

"You know, every time a parent sues me, every time a critic tries to slam me in the press, I sell more records. I really want to thank you people for making my record as big as it was," Eminem said while accepting his Best Video of the Year Award.

Unlike last years VMAs, where audiences witnessed the fondling of Lil' Kim's breast by Diana Ross, drag queens dressed up like Madonna, and Britney Spears and 'NSYNC lip synched their performances, this year's VMAs had its own moments.

Host Shawn Wayans opened up the show with a Chris Rock parody of last year's show, insulting the star-studded audience which led to the Britney Spears and 'NSYNC lookalikes beating him up on stage. Other moments included Spears' performance (which was not lip synched) of the Rolling Stones classic "Satisfaction." During her performance, she stripped from a man's suit, to an almost completely revealing bodysuit. Let us not forget Macy Gray and her hairstyle that became famous when co-host Marlon Wayans performed a parody.

Naturally, among the most memorable moments were the shockers. Timmy Commerford of Rage Against the Machine hanging on a stage scaffolding area, heckling Limp Bizkit singer Fred Durst as he accepted the award for Best Rock Video. Commerford was kicked out of Radio City and then arrested. Durst shocked the audience himself during Aguilera's performance when he walked on stage and all of a sudden, they were both singing a rendition of Limp Bizkit's hit "Break Stuff."

I could not believe it. I thought that Durst was drunk and just wandered on stage for the heck of it. Out of all the shockers this year, two come to mind: Spears and Aguilera on the same stage and Carson Daly bringing out Napster entrepreneur, Shawn Fleming. Fleming wore a Metallica T-shirt to make a statement to the group's drummer, Lars Ulrich, who reacted by pretending to sleep in the audience.

Overall, the VMAs were what every music fan comes to expect. However, when next year rolls around, MTV should do one thing: do not bring back Shawn and Marlon Wayans as the hosts. They were not that great. Chris Rock was better.

Jennifer Lopez won the award for Best Dance Video for her single "Waiting for Tonight."

The 2000 MTV Awards

Best Video of the Year- Eminem; "The Real Slim Shady."
Viewer's Choice Award- 'NSYNC; "Bye. Bye, Bye"
Best Male Video- Eminem, "The Real Slim Shady"
Best Female Video- Aaliyah, "Try Again"
Best Group Video- Blink 182, "All the Small Things"
Best New Artist- Macy Gray, "I Try"
Best Rock Video- Limp Bizkit, "Break Stuff."
Best Dance Video- Jennifer Lopez, "Waiting For Tonight"
Best Hip Hop- Sisqo, "Thong Song"
Best Pop- 'NSYNC, "Bye, Bye, Bye"
Best Rap- Dr. Dre featuring Eminem, "Forget About Dre"
Best R and B- Destiny's Child, "Say My Name"
Best Video From a Film- Aaliyah, "Try Again" (from "Romeo Must Die")
Video Vanguard- Red Hot Chili Peppers
Best Direction- Jonathan Dayton/Valerie Faris for the Red Hot Chili Peppers, "Californication"
Best Choreography- 'NSYNC, "Bye, Bye, Bye"
Breakthrough Video- Bjork, "All Is Full Of Love"
Best Special Effects- Bjork, "All Is Full Of Love"
Best Cinematography- Macy Gray, "Do Something"
Best Art Direction- Red Hot Chili Peppers, "Californication"
Best Editing- Aimee Mann, "Save Me" (from "Magnolia")

'The Way of the Gun' can't compare to past film

CAMILLE GONZALEZ-JENSEN
Staff Writer

I chose to review "The Way of the Gun" because it was written and directed by Christopher McQuarrie, who also wrote and directed "The Usual Suspects." "The Usual Suspects," was clever, well written and acted. This latest attempt at movie making by McQuarrie is unfortunately lacking in all of those areas.

The story begins by introducing Parker (Ryan Phillippe) and Longbaugh (Benecio Del Toro), two criminals always looking to make quick money. They live their lives day to day and try not to get tangled up in personal relationships that could distract them from their work. While the two are sitting in a sperm bank, they overhear a conversation regarding surrogate mother Robin (Juliette Lewis), who will be paid a million in cash when she delivers. The fact thatbodyguards surround her 24 hours a day only adds to the challenge of the caper. Parker and Longbaugh successfully kidnap the girl, making it the personal mission of the two bodyguards to find her.

After kidnapping Robin, they realize that she is th surrogate mother for a mob boss, complicating the situation even further.

This movie obviously tries to depict the lives of people ho will do anything for money. However, because there were so many different characters involved you were never really given a sense of what drives each of them. Most of the performances seemed superficial and unconvincing which was probably due to the number of characters and the length of the movie.

The only truly standout performance was by James Caan, as mob bagman, Joe Sarno. Caan gives a little more depth to his character when he describes how he is a "survivor" of the criminal system. Taye Diggs, as the bodyguard Jeffers, looks phenomenal, but it's a shame that his talent is wasted in this picture.

The movie keeps moving in true action movie form, but the scenes didn't seem to be cut very well which made them difficult to follow. It has some pretty gruesome scenes and a lot of shoot-outs, but no high-speed chases. It is more like a western than your typical cop movie, which may be why I didn't enjoy it as much as I'd hoped.

The ending was unelear and left me wondering how it all turned out. This movie was forgettable and disappointing to the fans of Christopher McQuarrie's earlier work.

Movie	The Way of the Gun
Actors	James Caan, Ryan Phillipe
Rating	3 of 10

UPSIDE-DOWN written by Rick Peregoy, illustrated by Solomon Shih

While working on a project for his biology class, Eliot inadvertently creates a new, more powerful strain of the deadly, flesh eating Ebola virus.

'Nurse Betty' a safe bet for Oscar nominations

RICK PEREGOY
Entertainment Editor

"Nurse Betty" is a compelling, dark comedy you do not want to see end.

From director Neil LaBute ("In The Company of Men"), "Nurse Betty" stars Renee Zellweger ("Me, Myself and Irene") who starts out as Waitress Betty. Lovable Betty rolls with the punches of having a jerk of a husband who cheats on her, forgets her birthday and holds her back from her career goals.

Movie	Nurse Betty
Actors	Renee Zellweger, Greg Kinnear
Rating	9 of 10

Betty has the ability to push the realities of a self-centered, domineering husband to the nether reaches of her mind, in favor of the soap opera "A Reason To Love." The soap opera is one that nobody in the movie can ever seem to get enough of, especially Betty.

Renee Zellweger stars in "Nurse Betty," an off-beat comedy directed by Neil LaBute ("In the Company of Men").

Del, the husband, owns a used car lot. He makes the mistake of crossing a drug ring that chooses to leave their revenge to "pros" Charlie (Morgan Freeman) and Wesley (Chris Rock).

While watching a taped episode of the soap opera, Betty (who aspires to become a nurse) watches as its male lead Dr. Ravell, played by George McCord (Greg Kinnear), says "I know that there's someone out there for me!"

Meanwhile Del is vying for his life in the next room with the likable bad guys. What Betty witnesses is enough to put her into a state of post-traumatic stress disorder where she keeps prodding along like everything is all right, even though it isn't.

She takes off for Los Angeles in an effort to find Dr. Ravell whom she becomes convinced is in love with her.

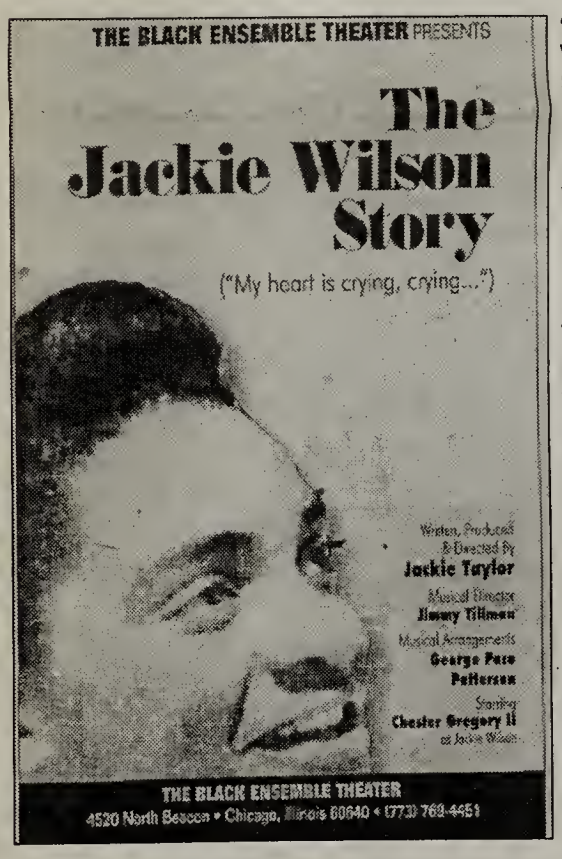
While some movies seem to be on a chalk line from start to finish, "Nurse Betty" appears to be on a roller coaster. You never know what to expect next from the spellbinding, totally original script.

The underlying theme is that people do not need people and that they should rely on themselves. Ironic as the script came from the writing tandem of John C. Richards and James Flamberg, two names you will definitely be hearing next time Oscar goes to Hollywood.

Greg Kinnear plays George McCord, a soap opera actor who plays "Dr. Ravell."

Zellweger should get a nomination for best actress. A best movie nomination is very likely.

Jackie Wilson Story offers stunning theatrical experience



"The Jackie Wilson Story," starring Chester Gregory II, will be playing every Friday at the Black Ensemble Theater located at 4520 North Beacon St. in Chicago. Classic songs such as "Lonely Teardrops," "To be Loved" and "(Your Love) Keeps Lifting Me Higher" are included in the show.

LORRELL D KILPATRICK
Staff Writer

Standing in middle of a line to see "My Heart Is Crying, Crying..." the Jackie Wilson story, only heightened my anticipation to view this acclaimed play. As a first time guest to the Black Ensemble Theater, I was more than a little surprised at the humble room in which the performance would be held.

Play	The Jackie Wilson Story
Actor	Chester Gregory II
Rating	10 of 10

The stage was a micro platform with a row of fold-up chairs in front and six rows of theater-type chairs behind these. The entire room was encased in black, giving the visual illusion of an even smaller area.

I wondered to myself how could that tiny mock-stage do justice to the life story of famed performer Jackie Wilson? Within the very first act, I found out.

The show started off with "Jackie" leaping from the dressing pit, through dark-red velvet curtains and into a split directly in front of those fold up chairs. From then on, the atmosphere of the theater room was bigger than that of the Metropolitan Opera House.

Starring Chester Gregory II, a drama teacher at East Chicago Central High School, as Jackie Wilson, the audience was treated to an electrifying performance. This tale, with the help of a wonderful ensemble of actors, tells the entertaining and dramatic story of the love-filled but troubled up bringing, the successful but tremulous musical career, and the heart wrenching death of Jackie Wilson.

And if the superb acting wasn't enough, the excellent music of the Black Ensemble Musicians and original Jackie Wilson songs took those who were mature enough to remember back to the time of doo-wop and love ballads. Songs such as "Lonely Teardrops," "To Be Loved," and "(Your Love Keeps Lifting Me) Higher & Higher" told the story just as effectively as the words in the script.

I must say that my maiden voyage to the Black Ensemble Theatre was an unforgettable one, as was the performance of this great play.

Written and directed by Jackie Taylor, I highly recommend this experience for everyone, a five star performance to say the least. "My Heart Is Crying, Crying..." can be seen every Friday at the Black Ensemble located at 4520 North Beacon St., Chicago, Ill. 60640. For more information call (773) 769-4451.

'The Watcher' proves to be just average cat-and-mouse game

JAMES BELL
Staff Writer

"The Watcher" is your typical thriller. Lawman Joel Campbell (James Spader), and killer David Allen Griffin (Keanu Reeves) get caught up in a typical game of cat and mouse.

FBI agent Campbell decides to move to Chicago after a string of failures that he must try to accept. Griffin is a serial killer who killed Campbell's wife in spite of the agent's efforts to save her. In addition to Campbell's wife, Griffin has killed other innocent female victims in the Los Angeles area.

Movie	The Watcher
Actors	Keanu Reeves, James Spader
Rating	6 of 10

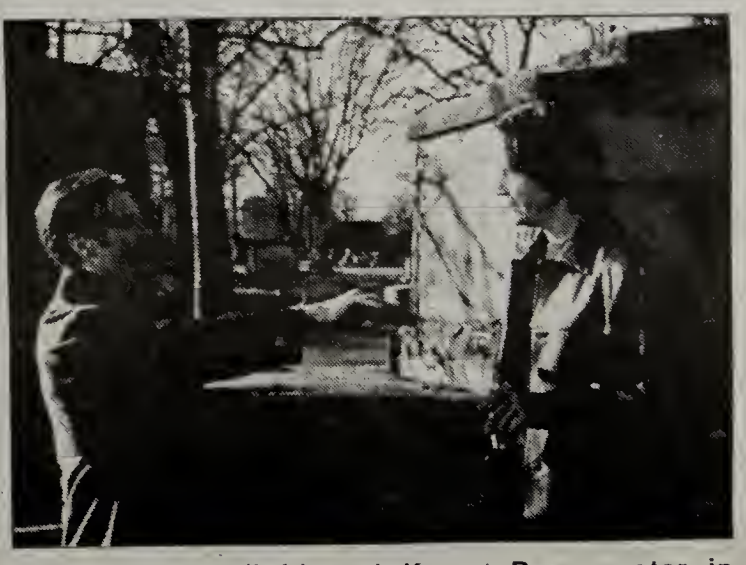
Agent Campbell is given a 24-hour period to save a list of Griffin's next victims.

The movie develops an intriguing relationship between the killer and the FBI agent. It seems as though they need each other in their own way. Agent Campbell feels that catching the killer will somehow complete his life while Griffin feels that mentally torturing the agent will complete his.

It was interesting to see that the closer Campbell would get to saving one of the victims, the closer Griffin would be to closing in on her, causing their relationship to become ever more interpersonal.

The film is shot from the killer's perspective as we see what the killer is seeing.

The film had a very weak ending, but it was one of Keanu Reeves' better efforts.



James Spader (left) and Keanu Reeves star in "The Watcher."

Grantz rantz

They're just kids

BOB GRANTZ
Sports Editor

Picture this — a baseball field, green, freshly cut, with a group of kids suited up for a baseball game. Kids are playing catch and swinging bats. A scene of total happiness except for one thing, a young boy who is crying because his father is screaming at him to get the ball..

Sounds horrible right? The problem with this is that it happens.

Parents, usually fathers, can get entirely too wrapped up in these games. They act as if the game is the most important thing in the universe. God forbid their kid doesn't become the all-star of their first grade baseball team.

How would they ever get into a good grade school that way?

It is sad that things like this happen. My friend's youngest brother used to be in T-ball and there was a father like this in his league.

This dad would run up and down the first base line yelling about the game. It did not change anything about the game, but it did make him look stupid.

Sometimes these parents get carried away and start to yell at the whole team. I was on a bowling team when I was younger and the one guy's dad was like that.

Here was this man yelling at a bunch of 10 year olds, expecting it to make us bowl better. All it did was make us nervous and do worse.

Nothing like giving a kid a mental complex due to sports.

Sometimes kids get pushed into playing sports that they do not even want to play. The parents force the kid to live out the dream that they were never able to realize.

"Here, I was a big loser, make up for it by doing everything I could not."

I have known people who were in situations like this. They usually hate the sport they play and feel trapped. They will make up any excuse to skip practice.

They will never quit though. If they quit, their parents would kill them.

It is like that commercial where the father takes his daughter, who is all of three or four, to a tennis court to have her practice. She can not even hang on to the racket she is so little.

He has her out there that way she can become good at tennis and support him after she makes a fortune.

Pushing kids like this is not good for them. Kids have to have freedom when it comes to extracurricular activities.

Push a kid too hard they may get burned out. We have all known people who just became fed up with it all, I am sure. They burn out on life and just do the bare minimum required to get by.

Who knows, the kid may grow up to need therapy. They will spend $150 bucks a session and end up hating their parents for making them so screwed up.

Do you want your kids to end up this way? I didn't think so.

They are just kids; there is no need to push them that hard. Let them try but do not force them to. It will be better for them in the long run.

You will save them all that money from therapy and, who knows, maybe they won't end up hating you.

Questions or comments? Contact Bob Grantz at (219) 989-2547 or grantzrj@calumet.purdue.edu

New talent, fresh strategy lead the charge for Lady Lakers

ADAM R. RAVEN
Staff Writer

Enlisting recruits, working the troops, sharpening the readiness and preparing for what lies ahead. This is not the armed forces rigging up for war, it is the coming of this season's battle with the women's basketball team leading the charge.

Commanding the team is the new head coach Dennis Smith, formerly an assistant coach for the Lady Lakers. As the season gets closer to tip off, the Lady Lakers are doing what it takes now to take over the courts come their first game.

" We want to take women and build our game and strenghen ourselves for the years we'll be together."
Amanda Stutler, assistant coach

With a fresh team of talent and a new game strategy it looks like no November rain can put out the Lady Lakers' fire. The journey in finding the fuel for the fire was a little more focused this year.

John Friend, director of fitness, wellness and sports, described the focus of the recruiting..

"The aim in this year's recruitment was to find solid players in good academic standing with maturity, dedication and the will to stay with us for a few years," Friend said.

New blood such as freshmen Sarah Bacan and Thespena Kolliztas and sophomores Brea Gates, Angie Ziman, Gretchen Circle, Latisha Adams and Quiya Schreiber will add to the battle readiness of the team.

According to Friend the new recruits will help fill up the team with added winning factors.

"The players are very athletic and will be able to fill positions and be flexible man-to-man match-ups versus varying teams to be able to fill in spots and positions to cover in any situation," Friend said.

The team will also benefit from the experience and guidance of a returning Lady Laker as one of the assistant coaches. Amanda Stutler, who was with PUC when they last went to nationals, will be an assistant to coach Smith this year.

Stutler predicts that there will be a new on-court strategy for this year's team.

"We will definitely being running more with the ball, creating a whole new offense, dominate on defense to command the court. We want to take women and build our game and strengthen ourselves for the years we'll be together, " Stutler said.

Smith looks to set the pace of the games this season.

"What will be different with this year's team is that we will be running more set plays and stress heavily on a dominating defense in order to take and gain control of the game," Smith said.

The Lady Lakers practice starts on Oct. 9. Their season starts Nov. 3 against Ft. Wayne.

Fall 2000 Soccer Schedule

Monday, Sept. 18.	Fairhaven Baptist	Home 4:00 p.m.
Wednesday, Sept. 20.	Trinity International	Away 4:00 p.m.
Wednesday, Sept. 27	Fairhaven Baptist	Away 4:00 p.m.
Wednesday, Oct. 4.	Trinity Christian College	Home 4:00 p.m.
Wednesday, Oct. 11	Trinity Christian College	Away 4:00 p.m.
Wednesday, Oct. 18	Trinity International	Home 4:00 p.m.

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